

Fairfax County Park Authority



Presents: Adapted Aquatics
Program New Volunteer Training

Our Mission: In the Community

**For individuals with
Physical and
Developmental
Disabilities
Senior Citizen/ Infant**

**-Enhance Swim Skills
-Introduce Water Safety
- Improves Strength,
Endurance,
Flexibility and Balance**

**Makes People feel
Good about
Themselves**

**-Increase social
interactions
-Facilitates family and
swimmer
support groups**

[SWIMMING]

should
always
be
FUN
for the
instructor,
volunteer,
and
swimmer!



[Volunteering]

- What you can expect:
 - Differs at each pool/ with each swimmer
 - One to One approach with swimmer
 - Instructor leads activities
 - Volunteers need to be creative during down time
 - Ask for a Mentor if you are unsure or a veteran volunteer.

Safety : On Deck

(Think about it)



What's Wrong?

Who might have difficulty with this condition?

How can we help solve it?

[Safety: On Deck]

- Always make sure brakes are used properly on wheel chairs!



[Safety: In the Water]



- We might need to physically support swimmers in the water!



- 1) Stay Close
- 2) support head and neck if needed
- 3) use flotation's aids
(like noodle or belts to help)

[Safety: In the Water]



Why is this a Problem?

We don't want to drink the water!!!!

■ Two good ways to stop this problem

- 1) Keep Face away from water with Arm or Noodle
- 2) Swim primarily on the back

[Safety: Medical Concerns]

- Seizures:

- Symptoms

- Support the individual in the shallow water, keep their head above water without restricting movement and alert instructor / lifeguard

- Hypothermia:

- Symptoms

- Keep swimmers moving and active as much as possible. When symptoms are notice please alert instructor to determine if swimmer needs to exit water.

[Person First Language]

- Who am I..... No one wants to be their disability... They want to be seen for their abilities.
- 1st – A Person
- 2nd – A Person with Abilities
- 3rd – A Person who has a disability.

People with disabilities are not Disabled- they are just differently abled. ~ Beverly Dobrenz

[Differences in Disabilities]

People are pretty much alike. It's only that our differences are more susceptible to definition than our similarities. ~Linda Ellerbee